Contents

1. Nutritional Needs of Infants	1	Table 2: Infant Hunger and Satiety Cues	44
Introduction	1	References	47
Nutrition Assessment	1	Figure 1: Sequence of Infant Development	
Dietary Reference Intakes (DRIs)	2	and Feeding Skills in Normal, Healthy,	
Important Nutrients	3	Full-Term Infants	41
Energy	3		
Carbohydrates	5	Figure 2: Desired Outcomes for the Infant	
Protein	7	and the Role of the Family in the Feeding	
Lipids	9	Relationship	46
Vitamin D	11	<u> </u>	
Vitamin A	12	3. Breastfeeding	
Vitamin E	13	3. Dreasticeaning	
Vitamin E	13	Benefits of Breastfeeding	48
Vitamin C	13	Factors Affecting the Decision To Initiate	40
Vitamin B ₁₂	15	or Continue Breastfeeding	49
Folate	15	Methods To Support Breastfeeding	47
Vitamin B ₆ (Pyridoxine)	16	-	50
· ·	16	Mothers in Your Program	52 52
Thiamin (Vitamin B ₁)		The Basics of Breastfeeding	52 52
Riboflavin (Vitamin B ₂)	17	Making a Good Milk Supply	
Niacin	17	Characteristics of Breast Milk	54
Calcium	18	Practical Breastfeeding	~ ~
Iron	19	Techniques and Tips	55
Zinc	21	*Comfort During	~ -
Fluoride	22	Breastfeeding	55
Sodium	24	*Feeding Positions	56
Water	25	*Attachment ("Latch-On")	57
References	29	*Coming Off the Breast	57
		Characteristics of Feedings	58
Additional Information on Safety of the		*Feeding Cues	58
Water Supply	33	*Frequency and Duration	58
		*Waking Sleepy or Placid	
Table 1: Estimated Energy Requirements		Infants To Feed	59
(EER) of Infants	6	*Normal Fullness of Breasts	59
		*Bowel Movements of	
2. Development of Infant Feeding		Breastfed Infants	60
Skills		*Indicators of Whether an	
NAME AND ADDRESS OF THE PARTY O		Infant Is Getting Enough Milk	60
Infant Development and Feeding Skills	39	Common Concerns	61
When Do Infants Develop Different	3)	*Flat or Inverted Nipples	61
Feeding Skills?	40	*Sore Nipples	61
The Feeding Relationship	43	*Engorgement	62
The recuirg Keranonship	43	*Plugged Milk Ducts	63

*Mastitis	63	Hypoallergenic Infant Formula	84
*Poor Suckling	64	Lactose-Free Infant Formula	85
*Appetite/Growth Spurts	64	Exempt Infant Formula	85
*Teething and Biting	64	Long-Chain Polyunsaturated Fatty Acids	
*Refusing To Breastfeed	65	and Other Infant Formula Additives	85
*Slow Weight Gain	65	Arachiodonic Acid (ARA) and	
*Sleeping Through the Night	65	Docosahexaenoic Acid (DHA)	86
*Complementary Bottles and		Nucleotides, Prebiotics, and	86
Pacifier Use	66	Probiotics	
Breastfeeding Aids and Devices	67	Other Milks and Other Products	86
*Nursing Bra	67	Whole Cow's Milk	86
*Nursing Pad	67	Low-Fat or Skim Cow's Milk	87
*Breast Shell (Milk Cup)	67	Evaporated Cow's Milk	88
*Nipple Shield	68	Sweetened Condensed Milk	88
Breast Care	68	Goat's Milk	88
Expressing Breast Milk	69	Soy-Based (Soy Milks) and Rice-	
Storing Expressed Breast Milk		Based (Rice Milk) Beverages	88
Warming Expressed Breast Milk		Sweetened Beverages Fed From a	
Planning for Time Away From		Bottle	88
the Infant	71	Feeding Infant Formula in the First	
Use of Cigarettes, Alcohol, Other Drugs,		Year	89
and Certain Beverages During		Hunger and Satiety Cues	89
Breastfeeding	73	Feeding Frequency and Amount	90
Cigarettes	73	Sleepy or Placid Infant	90
Alcohol	75	Formula Feeding Tips	91
Caffeine-Containing Products	75	Guidelines on Feeding From a	
Herbal Teas	76	Bottle	91
Other Drugs	76	Propping the Bottle Is Not	
Contraindications to Breastfeeding	77	Recommended	92
Infectious Diseases	77	Selection, Preparation, and Storage of	
Metabolic Disorders	78	Infant Formula	92
Breast Surgery or Piercing	78	Selecting Cans of Infant	
Weaning the Breastfed Infant	78	Formula	92
References	80	Sterilizing Water and Bottles	94
		Preparing Infant Formula	94
Figure 3: How the Breast Makes		Storing Infant Formula	95
Milk	51	Traveling With Infant Formula	99
		Warming Infant Formula	99
Figure 4: How Mothers Make Milk: Role		Guidelines for Using Infant Formula	
of the Brain	53	When There Is Limited Access to	
		Common Kitchen Appliances	99
4. Infant Formula Feeding		Guidelines for Using Infant Formula	
Imant Formula Feeding		After a Natural Disaster or Power	
Types of Infant Formulas	82	Outage	100
Milk-Based Infant Formula	82	References	101
	82 83		101
Soy-Based Infant Formula	03		

Figure 5: Tips on Feeding With a		Home-Prepared Infant Food	120
Bottle	93	Commercially Prepared Infant	
		Food	128
Figure 6a: Preparation Checklist for		Food Safety Resources	129
Standard Ready-to-Feed Iron-Fortified		Practical Aspects of Feeding	
Infant Formula (using glass or hard plastic		Complementary Foods and Beverages	129
bottles)	96	General Guidelines for Feeding	
		Complementary Foods	130
Figure 6b: Preparation Checklist for		Recommended Amounts of	
Standard Liquid Concentrated Iron-		Complementary Foods	131
Fortified Infant Formula (using glass or		Weaning From a Bottle	131
hard plastic bottles)	97	Drinking From a Cup	132
Time product courts,	,	Choking Prevention	132
Figure 6c: Preparation Checklist for			102
Standard powdered Iron-Fortified Infant		References	135
Formula (using glass or hard plastic		references	133
bottles)	98	Figure 7: How the Recommended	
50ttes/	70	Sequence of Introducing Complementary	
5 Complementary Foods		Foods Corresponds With Food Textures	
5. Complementary Foods		and Feeding Styles	105
~		and I coding bryles	103
Guidelines on Transitioning to	100	Figure 8: What You Need To Know	
Complementary Foods	103	About Mercury in Fish and Shellfish	116
Developmental Readiness for		About Mercury in Fish and Shenrish	110
Complementary Foods	103	(Special Concerns in Infant	
Developmental Delays Affect an		6. Special Concerns in Infant	
Infant's Feeding Skills	106	Feeding	
Early Introduction of			
Complementary Foods	106	Oral Health	138
Late Introduction of		Tooth Development	138
Complementary Foods	107	Dental Caries (Tooth Decay)	139
Importance of Gradually		Early Childhood Caries (Nursing	
Introducing Each New Food	107	Bottle Caries or Baby Bottle	
Establishing Dietary Variety and		Tooth Decay)	139
Food Preferences	109	Prevention of Early Childhood	
Types of Complementary Foods To		Caries	140
Introduce	109	Caring for an Infant's Mouth and	
Iron-Fortified Infant Cereal	109	Teeth	141
Fruit Juice	111	Dental Care	143
Vegetables and Fruits	112	Teething	143
Protein-Rich Foods	114	Vegetarian Diets	144
Grain Products	117	Classifications of Vegetarian	
Sweetened Foods and		Diets	144
Sweeteners	118	Adequacy of Vegetarian Diets	145
Beverages	119	Risks of Some Vegetarian Diets	145
Food Selection, Preparation, and	/	Guidelines for Nutrition	0
Storage	120	Counseling	145

148		
148	A. Food and Nutrition Board, National	
149	Academy of Sciences, National Research	
150	Council Dietary Reference Intakes	
151	(DRIs)	193
152		
154	B. CDC National Center for Health	
	Statistics (NCHS) WIC Growth	
	Charts	196
142		
	C. Nutrient Chart: Function, Deficiency	
	* * *	
	Sources	203
157		
159		• • •
159	Birth to 1 Year Old	210
		212
159		212
160	<u>e</u>	010
	System (WIC Works)	213
160		
160	Resources on Infant Nutrition,	
162	Food Safety, and Related Topics	214
	• /	
1 = 0	Index	
158		
	Acknowledgements	
162	11cmio wiedgements	
103	Doodon Dognongo	
101	keauer kesponse	
191		
	148 149 150 151 152 154 142 157 159 159 160 160 160	148 A. Food and Nutrition Board, National 149 Academy of Sciences, National Research 150 Council Dietary Reference Intakes 151 (DRIs)